



## Targets for 2010

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- Physical Activity
- Nutrition
- Tobacco Use
- Substance Abuse
- Responsible Sexual Behavior
- Mental Health
- Injury & Violence Prevention
- Environmental Health
- Immunization & Infectious Diseases
- Access to Care
- Maternal/Infant Health
- Oral Health

## HEALTHY ARIZONA 2010 DATA COLLECTION

PHYSICAL ACTIVITY				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Increase the proportion of children who participate in cumulative intermittent physical activity for 60 minutes per day.	22-8	TBD (To Be Determined)	TBD	TBD
Objective 2: Increase the proportion of adolescents who engage in either moderate or vigorous physical activity.	22-6 22-7	TBD	TBD	TBD
Objective 3: Increase the proportion of adults who engage regularly, preferably daily, in moderate or vigorous physical activity.	22-2 22-3	TBD	TBD	TBD
Objective 4: Reduce the proportion of adults who engage in no physical activity.	22-1	Behavioral Risk Factor Survey (BRFS)	51.3%	TBD

NUTRITION				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Reduce iron deficiency anemia among infants, young children and females of childbearing age.	19-12	WIC	29% (WIC recipients)	Children age: 1 –2 yrs: 20%; 2-4 yrs: 15%; Non- pregnant females 20-49: 20%
Objective 2: Increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit and at least three daily servings of vegetables, with at least one-third being dark green or deep yellow vegetables.	19-5 19-6	BRFS	30%	50%
Objective 3: Increase food security <sup>1</sup> among U.S. households, and in so doing, reduce hunger.	19-8	USDA	83%	90%

<sup>1</sup> Food Security: Access by all people at all times to enough food for an active, healthy life. It includes at a minimum (1) the ready availability of nutritionally adequate and safe foods, and (2) an assured ability to acquire acceptable foods in socially acceptable ways.

OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 4: Increase the proportion of children, adolescents and adults who are at a healthy weight. Gather data by age group.	19-1	TBD	TBD	TBD
Objective 5: Increase the proportion of persons aged 2 years and older who meet dietary recommendations for calcium.	19-11	TBD	TBD	TBD
<b>TOBACCO USE</b>				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Reduce tobacco use by YOUTH IN 6 <sup>TH</sup> – 8 <sup>TH</sup> GRADES.	State only	2000 AZ Youth Tobacco Survey	11.4%	8.6%
Objective 2: Reduce tobacco use by ADOLESCENTS IN 9 <sup>TH</sup> – 12 <sup>TH</sup> GRADES.	27-2	AZ Criminal Justice Comm. Survey	26.1%	20%
Objective 3: Reduce tobacco use by ADULTS.	27-1	1999 AZ Adult Tobacco Survey	18.8%	14%
<b>SUBSTANCE ABUSE</b>				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Reduce mortality related to alcohol use.	26-2	AZ Health Status and Vital Statistics	7.7 deaths per 100,000	No more than 6.7 deaths per 100,000
Objective 2: Reduce mortality related to drug use.	26-3	AZ Health Status and Vital Statistics	10.6 deaths per 100,000	No more than 4.5 deaths per 100,000
Objective 3: Increase the percentage of Junior High/Middle School students who abstain from substance use.	26-9	AZ Needs Assessment: Student Survey	TBD	TBD
Objective 4: Reduce the percentage of alcohol-related traffic fatalities.	26-1	ADOT Motor Vehicle Crash Statistics Unit	026.56 %	22%

RESPONSIBLE SEXUAL BEHAVIOR				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Increase the proportion of adolescents who abstain from sexual intercourse.	25-11	TBD	TBD	TBD
Objective 2: Increase the proportion of adolescents who use condoms if currently sexually active.	25-11	TBD	TBD	TBD
Objective 3: Reduce pregnancies among adolescent (15 –17) females.	9-7	AZ Health Status and Vital Statistics	40.2 pregnancies per 1,000 (1998)	25 pregnancies per 1,000
Objective 4: Reduce selected sexually transmitted diseases.	25-0	AZ Health Status and Vital Statistics	HIV: 11.7 new cases/ 100,000; Chlamydia: females age 15-24: 2,170/ 100,000; age 25-54: 872/100,000; Gonorrhea: age 15-24: 324/100,000; Age 25-54: 152/100,000.	HIV: 9/100,000  Chlamydia: females age 15-24: 1,650/ 100,000; age 25-54: 700/100,000; Gonorrhea: age 15-24: 270/100,000; Age 25-54:110/ 100,000.
Objective 5: Implement the Youth Risk Behavior Survey (YRBS) and the Behavior Risk Factor Surveillance System (BRFSS) (relevant modules.) (This is necessary to collect data for some of the above objectives).	State only	NA	NA	NA
MENTAL HEALTH				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Increase community knowledge and understanding of depression through collaboration with public and private agencies/businesses.	State only	TBD	TBD	TBD
Objective 2: Decrease the number of completed suicides for teens and older adults. (See also Injury and Violence Prevention, Obj. 3)	18-1	AZ Health Status and Vital Statistics	17 suicides per 100,000	No more than 10 suicides per 100,000
Objective 3: Increase the number of individuals in AZ that are screened for depression and referred for treatment if needed.	18-6	TBD	TBD	TBD
Objective 4: Increase access to services for persons with depression (and other related disorders).	18-9	Extrapolated from national data sources	TBD	TBD

INJURY & VIOLENCE PREVENTION				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Reduce injury, disability and death caused by motor vehicle crashes.	15-15	ADOT Motor Vehicle Crash Statistics Unit	21 deaths/100,000; 1,487 non-fatal injuries per 100,000	No more than 16 deaths/100,000; No more than 1,100 non-fatal injuries per 100,000
Objective 2: Reduce deaths due to homicide.	15-32	AZ Health Status and Vital Statistics	10.4 homicides per 100,000	No more than 5 homicides per 100,000
Objective 3: Reduce deaths due to suicide. (See also Mental Health, Obj. 2)	18-1	AZ Health Status and Vital Statistics	17 suicides per 100,000	No more than 10 suicides per 100,000
Objective 4: Reduce deaths due to drowning.	15-29	AZ Health Status and Vital Statistics	2.2 drownings per 100,000	No more than 1.0 drowning per 100,000
Objective 5: Develop and/or enhance data systems for abusive behaviors (such as child abuse, elder abuse, intimate partner, family violence, rape and sexual assault).	State only	NA	TBD	TBD
ENVIRONMENTAL HEALTH				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Ensure that all air in Arizona will achieve United States Environmental Protection Agency (USEPA) attainment status for criteria air pollutants by 2010. This specifically includes particulate matter and ozone.	8-1	USEPA Region IX determination of attainment status for PM10 and ozone.	Nonattainment status for PM10 in Phoenix Metro area, Hayden, Rillito, Nogales, Douglas, Ajo, Yuma, Bullhead City, Payson. Nonattainment for ozone in Phoenix Metro.	PM and ozone EPA attainment status in Arizona
Objective 2: Reduce severe lead poisoning (Pb > 20 ug/dL) 75% by 2010. Reduce the prevalence of lead poisoning (Pb > 10 ug/dL) in Arizona by 50% by 2010.	8-11	ADHS Lead Registry Annual Reports	51 cases of severe lead poisoning in 2000. 227 total cases of childhood lead poisoning.	No more than 13 cases of severe lead poisoning; 113 total cases

OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 3: Reduce the prevalence of food borne illnesses in Arizona by reducing risk factors for food borne illness in restaurants and retail food establishments 25% by 2010.	10-1	ADHS and County Health Department annual reports	% in compliance: Institutions: 80% Restaurants: 67% Retail: 80%	% in compliance: Institutions: 85% Restaurants: 75% Retail: 85%
Objective 4: Improve indoor air quality in Arizona by eliminating environmental tobacco smoke in 100% of public buildings and 80% of semipublic buildings by 2010.	27-13	Statutory and local ordinance prohibitions of smoking	Ordinance in Mesa and Flagstaff	Local ordinances statewide to support the objective
Objective 5: Increase the percentage of Arizona children that regularly use effective sun protection.	3-9	University of Arizona Cancer Center (in development)	National: 53% of children use effective sun protection	75%
IMMUNIZATION AND INFECTIOUS DISEASES				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Increase the proportion of non-institutionalized adults over 65 years of age who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease.	14-29	BRFS	Influenza: 71.2%; pneumococcal pneumonia: 53.1%	Influenza: 90% pneumococcal pneumonia: 90%
Objective 2: Reduce the rate of hepatitis A.	14-6	AZ Communicable Disease reporting System	14.7/100,000	To be determined (probably 50% reduction)
Objective 3: Reduce the rate of new invasive pneumococcal infections (e.g. otitis media, meningitis, pneumococcal pneumonia) both in children under 5 years of age and in adults aged 65 years and older.	14-5	AZ Communicable Disease reporting System	Under 5 rate - 37.8/100,000; 65 and over rate - 40.4/100,000	50% reduction
Objective 4: Increase the proportion of children 19 through 35 months of age who receive all of the following recommended vaccines: 4 DTaP, 3 polio, 1 MMR, 3 Hib and 3 hepatitis B.	14-22	National Immunization Survey	69.7 % - 1999	80.0 %
Objective 5: Reduce the number of courses of antibiotics for ear infections for young children.	14-18	TBD	TBD	TBD

ACCESS TO CARE				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Increase the proportion of persons with health insurance.	1-1	U.S. Census	75.8%	90%
Objective 2: Increase the proportion of persons who have a specific source of ongoing care.	1-4	TBD	TBD	TBD
Objective 3: Increase the proportion of persons with access to clinical preventive services.	1-2	TBD	TBD	TBD
Objective 4: Increase the cultural competency and cultural sensitivity of health care providers.	State only	TBD	TBD	TBD
Objective 5: Increase the proportion of persons with long-term care needs who have access to the continuum of long-term services.	1-15	TBD	TBD	TBD
MATERNAL / INFANT HEALTH				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Reduce infant mortality (death within first year of life).	16-1c	AZ Health Status and Vital Statistics	6.8 (1999)	6.0
Objective 2: Increase the proportion of very low birth weight (VLBW) infants who are delivered at Level III hospitals or subspecialty perinatal centers. (These are facilities that are specially equipped to care for VLBW infants).	16-8	AZ Perinatal Trust	79.9%	90%
Objective 3: Increase the proportion of pregnancies begun with an optimum folic acid level. (Consumption of at least 400 :g of folic acid each day from fortified foods or dietary supplements by non-pregnant women aged 15 to 44 years.)	16-6	National Health and Nutrition Examination Survey	(national) 21%	80%
Objective 4: Increase the proportion of mothers who breast-feed their babies.	16-19	WIC Ross-Abbott Surveys	62% mothers begin; 37% at 6 months	75% mothers begin; 50% at 6 months; 25% at one year.

ORAL HEALTH				
OBJECTIVE	RELATED HP 2010 OBJ. #	DATA SOURCE	BASELINE	TARGET
Objective 1: Increase the proportion of children and adults who receive dental care each year.	21-10	Children: Maricopa Needs Assessment project; Adults: BRFSS	adults: 55% children: TBD	TBD
Objective 2: Increase the proportion of residents with comprehensive dental insurance.	State only	TBD	adults: 66% children: 62%	TBD
Objective 3: Increase the proportion of residents served by community water systems with optimally fluoridated water.	21-9	ADHS - Office of Oral Health	47%	75%
Objective 4: Reduce the proportion of children who have ever had tooth decay (measured at preschool and elementary levels).	21-1a 21-1b	ADHS - Office of Oral Health	age 2-4: 37% age 6-8: 60%	age 2-4: 11% age 6-8: 42%
Objective 5: Reduce the proportion of children who currently have <u>untreated</u> tooth decay (measured at preschool and elementary levels).	21-2a 21-2b	ADHS - Office of Oral Health	age 2-4: 16% age 6-8: 43%	age 2-4: 9% age 6-8: 21%